



# Shooting Star

NORTHERN LIGHTS CLUBHOUSE

February 2019

## Membership Standards by Casey L.

Part of two Membership Standards in the “International Standards for Clubhouse Programs,” state that accredited Clubhouses such as Northern Lights Clubhouse should have membership that is voluntary, and that the members may choose how they utilize the Clubhouse. Northern Lights Clubhouse complies with these parts of the standards.

People are allowed to come and go from the Clubhouse as much as they want, and they are never forced to participate in any Club work. The reason

these parts of the standards are important is that, the Club wouldn't be the Club, if its program was not voluntary.

To meet the standards, we never force anyone to do work at Clubhouse if they don't want to. I like that I'm not obligated to do the same tasks every day if I don't want to. A lot of people are “visual” like me, so it's nice that we have and use the “Work Ordered Day Board.”

To me, these parts of the standards and that we meet them, means a lot. I love the “voluntary nature” of Clubhouse.

## What Clubhouse Can Mean To You and Means To Me by Tina N.

I was a part of Clubhouse when it first began and a friend (Sandra) and I started a Clubhouse newsletter. At that time in 1994, the newsletter was called the “Aurora Borealis.” Clubhouse met in an American Legion building and we had to take down the folding tables and chairs and put them up at the end of the day. We also had to lock computers and put away our snack bar items every day. I remember going there but not all the specifics. Everyone was required to do at least one chore after lunch; now at our new Clubhouse everything is volunteer-oriented. We have our own tables and chairs and they can stay where they are. Everything has its own place and we don't need to put out or put things away when we close.

Clubhouse is a good place to learn new skills. It's a place to socialize, meet new friends, volunteer to do chores, give to the Clubhouse, experience new opportunities, put some meaning in your life, and help others too! I love our new Clubhouse far better than the old one. We get nourishing meals each day. I work on the Northside which does a lot of the business stuff. I do a lot of the billing. I enjoy doing it because it is challenging, and it is something I had to learn in the past. However, I'm still learning certain things. I don't know why I left Clubhouse many years ago, but I am glad that I am back now. I get a ride so that I can come to Clubhouse. I am so grateful for that or I wouldn't be able to come. Everyone is so nice. The leaders are very supportive and help whenever needed.

Come to Clubhouse and experience it firsthand. If you give it a chance, I know you will like it and we can always enjoy some new friends.



## MEMBER REFLECTIONS

"I like being with friends at Northern Lights Clubhouse. I like working at the reception desk and helping people out. Everybody is good to me."

**Billiejo H.**



## HAPPY BIRTHDAY

February

February 12th  
Dan L.

Birthdays

February 18th  
Lora S.

February 3rd  
Tina N.

February 10th  
Alicia H.

February 10th  
Roberta T.



### Butterfly, Butterfly by Dan L.

Butterfly, Butterfly, of orange and black,  
Could not wait for his morning snack,  
Came from the river flying by night,  
Wind blown and ready for all that is right.



Butterfly, Butterfly, happy and free,  
Looking all around, just seeing me,  
I look at its colors so bright and bold.

Keeping itself out of the cold,  
When the weather changes and frost is in the air,  
The Butterfly retreats with no despair.

She came from afar looking so pretty,  
Never ending surprises and always showing pity.

### Think about it...

By Scott M.

- ◆ Why do we sing "take me out to the ballgame" when we are already there?
- ◆ If we get out of the shower clean, how do our towels get dirty?
- ◆ Why do kids ask, "Are we there yet?" when the car is still moving?
- ◆ Why does water make things darker when things get wet when water is clear?
- ◆ If electricity comes from electrons, does morality come from morons?
- ◆ Why are the alphabets in the order they are? Is it because it's a song?
- ◆ If a fork was made of gold would it still be considered silverware?
- ◆ Did Noah have woodpeckers on the ark? If he did, where did he keep them?
- ◆ Does Hawaii have interstate highway?
- ◆ If superman is so smart why does he wear his underwear over his pants?



### Presidents' Day

By: Jessica K.

Presidents' Day first took place in the year 1800. This year, it is celebrated on the 18<sup>th</sup> of February. We have had a total of 45 presidents in our country, the first being George Washington. After George Washington passed away, it became a day of remembrance for him. There is an act called the Uniform Monday Holiday Act that increased the number of three-day weekends for many employees in the USA. Now, Presidents' Day never falls on the day of any president's birthday. It is a time when we recognize the acts of the presidents of our country. Presidents' Day is often called George Washington's birthday.



### Walking for Wellness and Fun

by Tammy R.

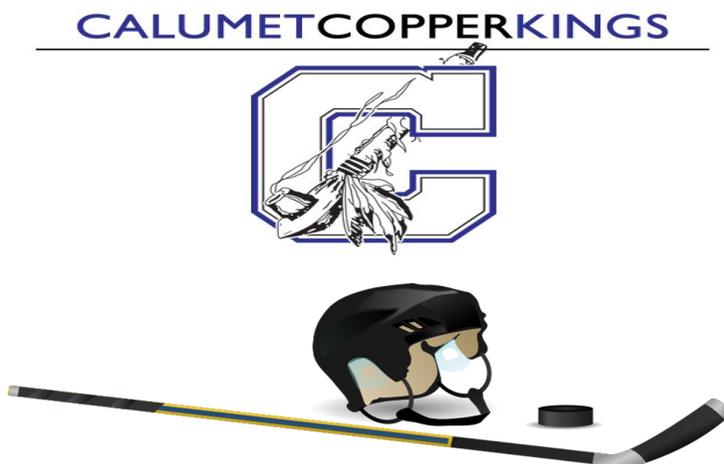
Every night I like to walk around the house at Rice House 3-5 times with one of the staff. Sometimes, on weekends, we walk up to the corner and down the road a little ways. It's good for my health, my body, and more. It's exciting! I love to go walking everyday.

### A Calumet Hockey Game

By Doug H.

On Saturday, Jan 5th 2019, I went to Calumet Coliseum and watched a hockey game between the Calumet Copper Kings and Brighten Bulldogs. It was a very exciting game. The Kings won; "Score 2 to 1."

As of today, Jan 25th, Calumet has a record of 11 wins and 5 losses. The Kings is coached by Dan Giachino with assistants, Josh Frantti and Dan Jukuri.



### Valentine's Day by Casey

The history of Valentine's Day is obscure and further clouded by various fanciful legends. The holiday's roots are in the ancient Roman festival of Lupercalia, a fertility celebration commemorated annually on February 15th. Pope Gelasius 1st recast this Pagan festival as a Christian feast day circa 469 declaring February 14th to be St. Valentine's Day.

In 1969, the Catholic church revised its Liturgical calendar, removing the feast days of saints whose historical origins were questionable. St. Valentine was one of the casualties.

Valentine's cards: Over the centuries, the holiday evolved and by the 18th century, gift-giving and exchanging cards on Valentine's had become common in England. [Information.com/valentines-day-history](http://Information.com/valentines-day-history)

During all the years I was in school we exchanged Valentine's cards. The ones with candy in them, were my favorite. This year for Valentine's Day, I plan to be with my family in Lake Linden.



**Victory—**

*“Clubhouse can sometimes help a person feel victory by setting goals in the work ordered day.”*

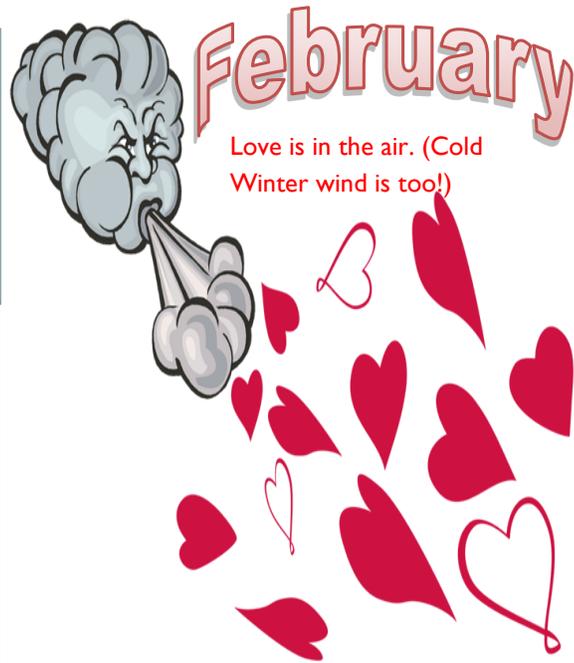
*Fred H.*

**TE Announcements:**

⇒ Brett completed his TE as a Shred Technician and has been hired in the Goodwill Warehouse operating an industrial shredder.

**Transitional Employment Opportunities:**

- ◆ Dining Room Attendant at Culver’s & Shred Technician at CCCMH. Talk to Clubhouse Staff for more information if you’re interested.



**Upcoming Social & Recreational Events**

Snow Statues Tour  
Feb 7th @ 3:45

Humane Society  
& Dairy Queen  
Feb 13th @ 4:00

Valentine’s Day Lunch  
Feb 14th @ 11:45

Feed The Deer  
In Eagle River  
Feb 20th @ 3:00 PM

Mine Shaft Bowling  
Feb 27th @ 4:00 PM

**Welcome! Clubhouse is open for socialization on Saturdays from 9:00—2:00. Lunch is served.**

**Employment Dinner—February 19th @ 4:00**

## Mixed Berry Dump Cake

### Ingredients:

- 2—12 oz bags of frozen mixed berries
- 1—Box of yellow cake mix
- 1—12 oz can of Sprite

### Directions:

1. Preheat oven to 350.
2. Use a 13" x 9" cake pan.
3. Put frozen mixed berries in the bottom of the pan.
4. Sprinkle cake mix over berries evenly.
5. Pour sprite over berries and cake mix.
6. Bake 45 minutes.

**"Serve with a scoop of ice cream."  
Alicia H.**



### When The System Works by J.B. 12-28-18

When the system works, and it is a government system, some people become surprised.

Last week I had my hearing for Social Security Disability, SSDI for short. I have heard stories about people being denied SSDI and that the Social Security office is filled with people that do not understand disabilities or the causes behind them. I have heard that the judge does not care and is there to not let you receive what you payed into all your life, FICA. People can be very wrong. I got my adjudication, but there is an interesting story behind it.

I was found to be physically disabled to do the job I had for the last 27 years. I had submitted my proof to the court for that. I also had some proof for mental illness disability. This is where it gets interesting. The Administration Law Judge was a Patients Rights Advocate in the mental health field before becoming a judge. He then spoke about Clubhouse and that he noticed that I was a member. Now for the next five minutes or so the judge and I spoke about my Clubhouse ... on the record. I was asked what I liked about Clubhouse, and my responses revolved around being a "South Sider," doing dishes with Tammy, my friend from Clubhouse, and the Work Ordered Day. The judge then told me, ON RECORD, that the best place for my talents was the Clubhouse and commended me for working for as long as I had. This judge knew, in surprising clarity, what mental illness is and that Clubhouses helped more than anything he has seen in giving members their dignity, again on the record.

My lawyer, who has been doing SSDI claims for years, spoke to me after the hearing stating that he has never seen a judge act in such a manner all because of Clubhouse and a judge that even knew about the international standards. Yes, the system works.

# Lunch Menu—February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
♦ <i>Menu is subject to change.</i>					1 Buffet Day	2 Chicken Caesar Wrap
3 CLOSED	4 Egg Salad Sandwich & Chips	5 Twice Baked Potato Casserole	6 Pizza Calzone	7 Taco Salad & Bacon Creamed Corn	8 Buffet Day	9 Cheeseburgers & Fries
10 CLOSED	11 Fettucine Alfredo	12 Tater Tot Casserole	13 Stir Fry	14 Lasagna & Side Salad	15 Buffet Day	16 Pulled Pork Sandwich
17 CLOSED	18 Ravioli & Garlic Bread	19 Cold Ham & Cheese Salad	20 Chicken Fajitas & Rice	21 Salisbury Steak & Potatoes	22 Buffet Day	23 I Wanna' Guac Sandwich
24 CLOSED	25 BLT's & Chips	26 Meatloaf with Mashed Potatoes	27 Open Faced Pizza Subs	28 Cheesy Vegetable Soup		

**February**

## Sign-Up for the Northern Lights Clubhouse Newsletter!

Would you enjoy getting it monthly by email?

Simply drop us a line at: [NorthernLightsClub@gmail.com](mailto:NorthernLightsClub@gmail.com)

Please include in your subject line the words:

***"NLCH Newsletter sign-up"***

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